

BEYOND OUR DOORS

Doors To Wellbeing National Technical Assistance Center
Newsletter Spring 2016

D2W 2016 Spring Webinar Series

FREE

Workforce Integration:

Why It Matters

By: Dawniell A. Zavala
Tuesday, April 26th 11am
PST/ 2pm EST

Peer Support with Veterans - Shoulder to Shoulder

By: Deanna Brent and
Larry Buttel
Tuesday, May 31st 11am
PST/ 2pm EST

Invasion or Innovation: Peers in the Workforce

By: Rita Cronise
Tuesday, June 28th 11am
PST/ 2pm EST

[Click Here To Register](#)

Free Webinars

Iron Circle is using
culture and a network of
peers to promote
recovery within the
community in which they
live.

April 20th, 2016
11AM - 12PM (PDT)

[Click Here To Register](#)

Doors to Wellbeing (D2W) Update

We Asked and You Answered and Answered and Answered

As you may know, Doors to Wellbeing (D2W) has been assigned "peer specialists" as a national focus. One of the cornerstones of peer specialist work is establishing a system designed by peer self-determination which is why D2W is committed to producing work that reflects your needs and wants.

One of our first outreach projects was to ask you "What type of toolkit would help you be better at your job?" We received over 400 responses. You care about your work, your colleagues, your peers and your future. You want a better work environment and you want to learn about traditional and non-traditional methods to promote recovery in yourself and others. You want to be connected to other peers and you want to be valued. You want change and you want to know how to create change. We are reaching out to a variety of experts to create toolkits that can, step-by step, assist you in a variety of tasks to enhance your work and your life.

In addition to projects that lend themselves to toolkits, you also told us of your desire to learn about a broad spectrum of topics. This information will guide us in designing educational opportunities and introducing you to experts who can assist you with your professional growth.

Another theme that emerged was a sense of isolation and helplessness some peer specialists feel. D2W is dedicated to creating communication between peer specialists on a national level. For example, in this newsletter, you can see how Pennsylvania peers are addressing the need for

National Technical Assistance Centers Quick links

[Doors To Wellbeing](#)

[PEERLINK](#)

[STAR Center](#)

[Cafe' TA Center](#)

[National Empowerment
Center, Inc.](#)

YOUTH

Peer Specialist Spotlight



Kimberly Marquez

is a Peer Specialist and one of the youngest people to become Advanced Level WRAP in the history of the Copeland Center & WRAP. She is passionate in sharing WRAP's self-directed message to both her transition -age-youth and Latino peers by facilitating interactive WRAP groups. Kimberly is currently working

Trainings Coming Up

Certified Peer Specialist Continuing Education

April 29, 2016

Harrisburg, PA

[Visit our website for more info](#)

[Click Here To Apply](#)

Online Young Adult WRAP Seminar I

Four Thursdays, May

19th- June 9th

5pm-7:30pm CST

[Apply Here](#)

WRAP Seminar II, Facilitators Training

Jun 27th- Jul 1st, 2016

Decorah, IA

[Apply Here](#)

Peer Conferences Coming up

CAMHPRO Annual Conference

April 22-23rd, 2016

Sacramento, CA

camhpro.org

PEERFEST

April 25-28th, 2016

Corpus Christi, TX

www.peerfest.org

VOCAL Statewide Mental Health Recovery Con.

May 23- 25, 2016

Harrisonburg, Virginia

vocalvirginia.org

Alternatives Conference

September 19-23, 2016

San Diego, CA

www.peerlinktac.org

INAPS

August 26- 27, 2016

continuing education.

We learned, not surprisingly, that you care about your work, you want more control over your career and your life and you want to grow....just like everyone else. We will keep asking and we hope you will keep telling us what you need and what you want. It is not too late to respond to this survey.

[Click here](#)

What's Up Within Our States!



Dan & Victoria Craig

PA Peer Support Coalition offers Free Continuing Education for Certified Peer Support Specialists and the Growing Pennsylvania Peer Work Force

The Pennsylvania Peer Support Coalition began as Pennsylvania was working to implement a plan for peer support as a Medicaid billable service. Since the very beginning of the coalition, peer leaders have organized free quarterly training days for peer supporters. These trainings have been open to anyone, but are designed to help peer supporters fulfill the continuing education hours required to maintain certification.

The training days support both the continued connection among peer supporters in our community, as well as the growth of the peer support profession and movement.

Personal remarks from Victoria:

I have been attending the quarterly continuing education days since becoming a peer support specialist in my community. The trainings were very valuable to me as a new peer support specialist because I met other peer support specialists and got new ideas and different perspectives. I love that peer workers were facilitating most of the trainings. The trainings helped me feel empowered and a part of a community of similarly minded people. As I grew more comfortable with my role as a peer supporter, I had the opportunity to start facilitating trainings.

As I became a supervisor in my department and started to take on more leadership responsibilities, I saw the value for the other peer supporters in my department. (Dan & I) quickly volunteered to help

as the Program Trainer at BestNow! in California and is in the process in partnering with D2W to bring her skills and passion to a national audience.

VETERAN

Peer Specialist Spotlight

Joseph Kozak

is a retired Certified Peer Specialist and Veteran in Reading, PA who gives back to his community by volunteering. Joe is strongly passionate about sharing WRAP and has recently received his Advance Level Facilitator Training Certification and is excited to be connecting with the VA to expand WRAP.

Organization Spotlight



Wellbeing Initiative's The Orchard

is a peer-run center that encourages members to reach their fullest potential while building a strong, recovery-focused community. In only five months they have welcomed over 200 members and, due to overwhelming interest, intend to develop programs throughout Nebraska. Doors to Wellbeing is thrilled to supporting them in their efforts.

Philadelphia, PA
inaops.org/2016-annual-conference/

Symposiums Coming up

Doors to Wellbeing Youth Symposium

August 24, 2016
Philadelphia, PA
FREE

Youth peer support leaders will be meeting in Philadelphia to provide input and insight into the "Peer Generation." The innovative new program will teach youth leaders how to enlist and engage peer supporters and stakeholders in developing peer-run, peer-directed programs designed to empower transition-age youth to manage their concerns, their problems, their dreams and their lives. Join us in this very special project.

For more information visit our website:
www.doorstowellbeing.org

Get Involved

SAMHSA Seeks Applications for Its 2016 Voice Awards

Nominations are due by April 22, 2016. For more information, [click here](#)

PEER SPECIALIST: Do you want to have an impact in a national level on identifying what kind of resources are needed to support your work? Please take a few minutes to complete the survey and

organize the trainings because we think it is very important for the peer supporters in our state to have access to good quality free trainings that will enhance their skills. Most of all, we want to see peer support grow into a strong example of what mental health recovery is all about.

On February 5th, 2016, Doors to Wellbeing, The National Technical Assistance Center established by The Copeland Center for Wellness and Recovery, partnered with the PA Peer Coalition to offer Communication Skills Training developed and presented by Dr. Scott Heller and Gina Calhoun. The PA Peer Coalition hopes to continue our partnership with many organizations throughout the Commonwealth and the USA for mutual, collaborative learning to occur.

<http://papeersupportcoalition.org/>

Empowering Though The Arts

Transforming Lives with the Arts by Gayle Bluebird



Art has become widely accepted as a means for peers to tell their stories, as a way for them to express themselves, for its power to heal and transform their lives and a means of self-sufficiency.

Peers with traumatic life experiences report how important art and creativity have become as integral components of their recovery. Through art memories often surface without conscious intention. Art can serve as a mirror, reflecting back images of problems experienced in the past that provide them with fresh new insights. "The arts" are whatever we usually think of as being creative: writing, music, painting, dance, sculpture, storytelling, performance and journaling, etc. All of these are pleasurable activities but, there are more profound meanings that go beyond "just having fun." Research has found that when persons are engaged in something they like doing, there are physical changes that can be measured in the body. Blood pressure goes down, heart rate stabilizes and the immune system is enhanced.

It is time that art is taught to peer specialists as a required part of their curriculum. At peer-run conferences, arts workshops have proliferate from workshops on song-writing, mural making, keeping a journal, digital art, and performance art.

Learn more:
www.wellbeinginitiatives.org
or
Contact:
ktimmerman@winitiative.org

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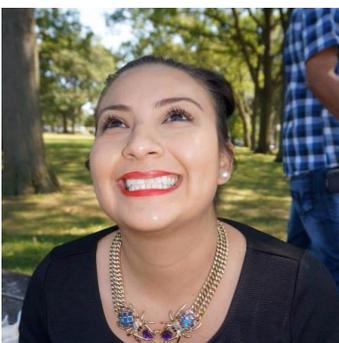
let your voice be HEARD!!
[Click Here to take Survey](#)

Peer specialists can discover new ways to use the arts with the purpose of enhancing a person's recovery. There are now very special activities being designed that lead to self-exploration and self-healing: There are arts exercises with a purpose such as creating collages, drawing mandalas, painting self-portraits; or putting down their hopes and dreams as well as their fears in a visible artistic form. Other things such as dance, movement, drumming can be included. Part of the learning experience is to know how to present the materials, to encourage/inspire people who insist that they are not creative, and how to include a time for sharing in a group the meanings of what individuals have drawn or painted.

Gayle Bluebird of Bluebird Artists and Associations is working with a team of peer arts experts to finalize a curriculum and manual for peers to teach peers the broad variety of ways the arts can impact our recovery. Some of these experts are available to do arts consulting, workshops, and keynotes.

*Please contact us if you would like more information:
Bluebirds Arts Productions - gaylebluebird@aol.com.
Watch us zoom forward and grow. Join us! Join our list!
We have other dreams cooking for the arts in addition to peer specialist art training!*

Tune and Listen In



Youth United For Change!

This is a short video showcasing common challenges faced by culturally diverse youth in their journey towards wellness recovery. We have developed this companion toolkit to help you plan a video talk circle event.

These tools can support individuals, agencies, youth advocates, and partners from all cultural backgrounds who seek to promote youth wellness and leadership. In this documentary we highlight key resources, programs, and strategies that have successfully worked to support the wellness journey of youth. Youth United For Change



Peer Specialist Winter Webinar Series Recordings

[Introducing Doors To Wellbeing- Our Doors Are Never Locked- By: Letty Elenes & Lee Shuer](#)

[Peer Support Works, The Paper Proof- By: Gina Calhoun](#)

[A Decade of Peer Culture, Support, and Leadership in Philadelphia- By: Crystal Edwards](#)

For more information please visit our website:

was created because we believe that there is no better time than the present to empower our young leaders.

[Click Here to Watch Video](#)

www.doorstowellbeing.org

Sign up to our Peer Specialist Spring Webinar Series.

[Click Here to Register](#)

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